

ADULT INDOOR FLAG FOOTBALL RULES

Governing Body

The governing body of this league will be the Athletic Supervisor from Williamson County Parks & Recreation (WCPR) Department.

Items not covered by these laws will be ruled on by the Williamson County Parks & Recreation staff.

Player Eligibility & Conduct

It is the coach's responsibility to have all players understand and abide by the rules, as well as sign the roster and meet all league eligibility requirements. All players must sign a WCPR roster/player contract/waiver to be eligible to play.

A team can have up to twelve (12) players on their roster. No player can be added to the roster after the fourth (4th) week of regular season games have been completed. Added players must sign the roster/player contract/waiver before playing in a game.

All rosters must be completed and turned into the WCPR prior to the first game. Teams without rosters will automatically forfeit their games.

Players cannot change teams once the season starts unless approved by the WCPR staff.

League registration fees will be paid at the time of registration.

A game may be protested if the protesting team pays the fee of \$100.00. All protests of eligibility will be brought to the attention of the official **before** the game begins or the protest will not be allowed. Judgment on the game will be given within seven (7) days of the game.

Everyone must follow all of the facility rules.

No spitting in the arena or on the field.

Blood Rule – Official's judgment will prevail.

Only one spokesman per team is permitted. This is the designated captain/coach of the team at the beginning of the game. He or she will accept full responsibility for his or her team's actions.

* If a player or spectator is ejected from a game they must leave the premises and they will not be allowed to play in the following game. If a player is ejected more than once during the season, they will not be allowed to play for the rest of the season and will be reviewed by the WCPR staff about future participation in the league. *



All spectators must remain in the sitting area during the game. Anyone not wishing to abide by this rule will be asked to leave the facility.

At no time will children be left unsupervised in any WCPR facility.

If a team forfeits two games during a season, they will be reviewed by the WCPR staff regarding their continued participation in the league.

No refunds once the season begins.

Flag Football Rules

Timing Regulations

- 1. Games will start on time according to the published schedule and only the first game will have a grace period. Five minutes will be put on the clock at the scheduled start time for the first game. The game will be declared a forfeit at the end of the five-minute period if one or both teams aren't available for play. NO EXCEPTIONS. ALL OTHER GAMES WILL START ACCORDING TO THE SCHEDULE.
- 2. Teams can play with a minimum of four (4) players.
- 3. Game length is two (2) twenty-minute halves. The clock runs continuously except for injury or player/official timeouts until the last <u>2 minutes</u> of the <u>2nd</u> half. The clock will then stop for an incomplete pass, change of possession, first down, a score, or an extra point attempt.
- 4. Each team has two (2) timeouts per game.
- 5. Mercy Rule If a team is behind by 20 or more points with less than five minutes remaining in the contest, the game will be declared over and the team that is ahead will be awarded the victory.
- 6. A 25 second play clock will start once the official blows the whistle.
- 7. Delay of game During the last five minutes of the 2nd half, delay of game penalties will stop the clock and the clock will restart on the snap.



Overtime

- 1. In overtime ball will be placed at the 10-yard line. Both teams will have four (4) downs to score. After a touchdown, an extra point must be attempted for one point (3-yard line) or two (10-yard line). The team that scores on the least number of downs will be declared the winner. If both teams score on the same number of downs and have the same result of the extra point, then the process will repeat with the team that started on defense starting on offense. If a winner is not declared going into the second overtime, teams must go for two points after a touchdown. This process will continue until a winner is declared. The offense will have only four downs unless:
 - A.) The offense turns the ball over.
 - B.) The defense commits a penalty.
 - C.) The offense commits a penalty.

Scoring

- 1. Touchdown six (6) points
- 2. Extra point/Point after touchdown one (1) from the 3-yard line; two (2) from the 10-yard line.
- 3. Safety two (2) points

COIN TOSS

The team winning the coin toss can:

- 1. Defer choice to second half.
- 2. Receive the ball. (The team losing coin toss in this option will have choice of end to defend)
- 3. Defend (choose a direction)
- **It is possible to receive the ball at the start of both halves

Offense

- 1. Each team has 4 downs to reach the line to gain (midfield or the goal line). Once a team crosses midfield they will have 4 more plays to reach the goal line.
 - a. On 4th down the offense will have the option to either go for it, or "punt." A punt will place the ball at the 7yd line, and will be a 1st down for the opposing team.
- 2. All offensive players are eligible receivers.
- 3. The offense can only progress down the field by way of forward pass with the receiver being in front of the quarterback.
 - a. Laterals are allowed behind the line of scrimmage, but can not be advanced past the line of scrimmage. Only a forward pass may be advanced.
- 4. Multiple laterals are allowed.
- 5. A player may not stiff arm another player, push away a defender's hand or shield his flag in any way. No flag guarding is allowed.



- 6. Screening is allowed if the player is setting a basketball style screen. Feet must be set, and no contact initiated. Players must make an effort to avoid contact. **THIS IS A NO CONTACT LEAGUE.** An offensive player may not run a route under a rusher to impede the rusher's route to the quarterback.
- 7. The ball must be snapped through the legs to the quarterback. No snaps from the side will be allowed.
- 8. If the offensive team decides to spike the ball in order to stop the clock during the last minute of each half, the quarterback must receive the ball from directly under the center.
- 9. Intentional grounding: The passer may not intentionally ground the ball in order to avoid a sack, or to run time off the clock. The result will be a 5-yard penalty and a loss of the down. If the quarterback is in the end zone at the time of the foul, the result will be a safety. There must be an offensive player in the vicinity of the thrown ball. The official's judgment will prevail.
- 10. The offense must have at least three (3) players on the line of scrimmage at the time of the snap. A man in motion is not considered to be on the line of scrimmage.
- 11. Only one player is allowed to be in motion at the time of the snap. The player in motion may not be moving towards the line of scrimmage at the time of the snap. All other players must be stationary at the time of the snap.

Defense

- 1. The rusher must be at least 5 yards off of the line of scrimmage at the time of the snap.
- 2. A defender may not grab, hold onto or tackle another player or the player's uniform.
- 3. The defender may not push, pull, or make contact with the blocker. The block-charge principle will be applied.
- 4. No batting at the ball while the ball is in possession of a player.
- 5. Roughing the passer is a 5-yard penalty from the line of scrimmage and repeat of the previous down.
- 6. Defensive pass interference will be 5 yards from the previous spot and automatic first down.



Spot of the Ball

- 1. Following a safety, touchdown, or punt teams will begin from their own 7-yard line. Following a turnover on downs or interception, teams will begin their possession at the spot of the ball from where the previous play was marked.
- 2. A ball is dead as soon as it hits the ground. All laterals that hit the ground are down at the spot where it initially touches the ground. The team that had possession of the ball prior to the muffed ball will retain possession. THERE ARE NO FUMBLES.
- 3. The ball will be marked at the spot of the ball at the time of the flag pull.
- 4. A player without a flag belt is down once they are touched by a defensive player.

Equipment

- 1. The triple threat flag belt is the only acceptable flag belt (will be provided for games by WCPR staff).
- 2. Teams may provide their own football or choose to use football provided by WCPR staff.
- 3. Teams must provide same color t-shirts or jerseys with different numbers that are clearly legible.
- 4. No type of hard cast or hard surface padding is allowed.
- 5. No spiked cleats of any kind are allowed.
- 6. No hard billed hats will be allowed (bandanas, beanies, and skull caps are allowed).
- 7. No shorts or pants with pockets are allowed.



Penalties

Offensive:

Off-sides -3 yards from the line of scrimmage and replay of down. False start -3 yards from the line of scrimmage and replay of down. Flag guarding -5 yards from the spot of the foul and loss of down.

Moving screen block -5 yards from the line of scrimmage and loss of down. Offensive pass interference -5 yards from the line of scrimmage and loss of down.

Illegal forward pass -5 yards from the spot of the foul and loss of down Intentional grounding -5 yards from the line of scrimmage and loss of down. Delay of game -3 yards from the line of scrimmage and replay of down.

Defensive:

Off-sides -3 yards from the line of scrimmage and replay of down.

Holding/Impeding progress – 5 yards from spot of foul and replay of down.

Defensive pas interference – 5 yards from the line of scrimmage, automatic first down.

Roughing the passer -5 yards from the line of scrimmage and replay of down.

Illegal contact -5 yards from the line of scrimmage and replay of down.

- Live ball penalties on the offense will result in a loss of down.
- Penalties on the defense will result in a replay of the previous down.
- Unsportsmanlike conduct will be 5 yards from the end of the play (no loss or replay of down).

